

Kickapoo Reserve Tromp & Chomp Race Instructions

May 21, 2016 La Farge, WI

Please read thoroughly—there is no pre-race meeting so it is your responsibility to read/understand these instructions

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SUPPORTERS

La Farge Ambulance
La Crosse Area
Camera Club

Check-in: Race check-in opens at 7:30 a.m. at the Kickapoo Valley Reserve (KVR) Visitor Center. Bib numbers, shirts and racer goodies can be picked up between 7:30 a.m. – 8:45 a.m. Racer. The KVR Visitor Center does not GPS well. Visit <http://kvr.state.wi.us/About-Us/Contact-Information/Directions/> for directions.

Parking: Racers and spectators can park in the KVR Visitor Center parking lot.

Start/Finish: Both races will start at 9 a.m. at the Old Harris Road Trailhead just north of the Visitor Center parking lot. Racers are asked to self-seed themselves based on speed. The finish line will be at the top of the Visitor Center Trail steps. A volunteer will congratulate you on your finish, collect your bib number tear-off and hand you a cookie.

Race Courses: The race courses consist of paved, gravel, dirt and/or grass surfaces and provide a beautiful trail run experience. To view a map of the race courses, which is different from 2015, visit <http://kvr.state.wi.us/TrompChomp/>. The race start and finish utilize different trails.

Race Numbers: 8-mile racer bibs will be blue and half marathon bibs will be orange. All race bibs include tear-off food ticket, drink ticket and bib number.

Timing: Racer times will be tracked using the Race Splitter app. Timing chips will not be used.

Gear Check: Bags will be offered to racers during check-in, which can be used to check any gear prior to the race start. Bags can be retrieved at the Visitor Center front desk.

Restrooms: Restrooms will be available at the start, the KVR Visitor Center garage, the KVR Visitor Center, at the trail intersection of Little Canada Trail/Old 131 Trail, and near the racer campsite AA at the south end of Old 131 Trail.

Water Stations: There will be eight water stations throughout the race courses and one water station at the finish.

First Aid: The La Farge Ambulance Squad will be stationed at the KVR Visitor Center. An EMT ATV will be stationed along the race courses as well. Volunteers at water stations will have ability to communicate with race officials.

Meal: Racers can redeem their meal ticket for an entrée and a side at the Blackhawk Grille food cart, which uses local food Sources from Vernon, Monroe, Crawford, Lacrosse and Howell Counties. Serving will begin at 10:30 am. See menu on reverse side. Drink ticket options include: Organic Valley Fuel drink, Hillsboro Brewing Company beer or a soft drink from Blackhawk Grille. Homemade rhubarb desserts will be provided by the Friends of the KVR. Spectators can purchase food from Blackhawk Grille.

Results: Results will be posted periodically as racers finish and will also be available at <http://kvr.state.wi.us/TrompChomp/>.

Awards: Awards will be given to the top three finishers in each gender / age category 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79. No cash awards

Camping: Race camping is available at campsite AA on Friday and Saturday for a fee of \$5/person/night. To view the KVR Visitor Guide Map visit <http://kvr.state.wi.us/Recreation/Maps>. Racers may stop at the KVR Visitor Center to register for camping during our business hours of 8:00 a.m.-4:30 p.m. or at self-registration stations identified on the map. Camping is primitive tent camping only. A portable toilet will be on-site. Water will not be provided. The campsite is vehicle accessible.

Spectators: Spectators are welcome to wait at the KVR Visitor Center for the race finish or walk to locations along the race courses. If driving personal vehicle, suggested spectating spots are at the following intersections:

Volunteer Station 1 - Little Canada Trail/Old 131 Trail (park at gates along Cty Hwy P West and walk)

Volunteer Station 6 - water crossing near Campsite O (park along Cty Hwy P West and walk)

Volunteer Station 11 - Old 131 Trail gates along Cty Hwy P West (park near gates)

Volunteer Station 8 and 9 - Rogers Road/Blackhawk Rock area (park along Cty Hwy P West)

North of Volunteer Station 11 - Bridge 13 along Old 131 Trail north of Cty Hwy P West (park near gates along Cty Hwy P West and walk)

Photos: The La Crosse Area Camera Club will take photos of racers. To view photos after the race, visit <http://kvr.state.wi.us/TrompChomp/>.

Weather: If weather is questionable (thunder/lightning), we will wait for the "all clear" from local authorities and then proceed.

Personal Property Policy: The Kickapoo Valley Reserve is not responsible for lost or stolen items.

Refund/Race Cancellation Policy: Registration fees are non-refundable, and may not be deferred or otherwise transferred for any reason including race cancellation.

GOOD LUCK & HAVE FUN! Contact the KVR at (608) 625-2960 or kickapoo.reserve@krm.state.wi.us with questions.

Blackhawk Grille Menu

Entrees

Bacon Cheeseburger

Norway/Chicago Hotdog

Corndog

Bratwurst

2 Beef Street Tacos

Gyro

Vegetarian Taco Salad

Garlic Herb Veggie Wrap

Sides

French Fries

Fried Asparagus

Beverages

Organic Valley Fuel Drink

Hillsboro Brewing Company Beer

Fountain Drink

Desserts

Homemade Rhubarb Desserts

